

## Shoulder Instability

### Description of Injury :

Shoulder Instability The shoulder joint is one of the most mobile joints in the body. The anatomy of the shoulder joint allows for this mobility, however, it makes it less stable. The instability may allow for the bones of the joint to come partially apart (what doctors call subluxation) or if it is more severe, the bones may come completely apart or dislocate.

This application provides an overview of this injury, including general information, assistance with pain control and a treatment approach.

Detailed information has been included on how to recover from this problem. Range of motion, strengthening and stability exercises are included in the application. A video of each exercise has been created describing each exercise in detail to help ensure proper form and technique. Over 40 exercises have been included to help promote a full recovery. This application is not meant to be a substitute for an evaluation by a healthcare professional.